

Certificate III in Fitness



HELLO THERE, OUR DREAM IS TO HELP YOU **MAKE GREAT HAPPEN**



Industry endorsed



University Pathways



Payment options



Student satisfaction

OVERVIEW

Strengthen your career

Turn your passion for fitness into a profession. Get the specific technical skills and knowledge required to succeed, with subjects including anatomy and physiology, client screening and fitness assessment, basic first aid, exercise programming and nutrition, and equipment maintenance and risk analysis. This qualification will equip you with the necessary skills to work as a fitness instructor in a community or fitness facility.



LOCATION/S

Alexandra Hills, Bracken Ridge, South Bank



DURATION

Part time: 17 weeks / 2 nights per week
Full time: 9 weeks / up to 4 days per week

COURSE DETAILS

Course delivery options

WORKLOAD	LOCATION	DELIVERY
Full time up to 4 days per week	Alexandra Hills, Bracken Ridge, South Bank	Classroom
Part time 2 nights per week	South Bank	Classroom

Key dates

For key start dates for each location visit the online brochure for this course (under the course details tab).

tafebrisbane.edu.au/course/16926

Entry requirements

This qualification has no formal entry criteria however TAFE Queensland Brisbane has the [...more online](#)

Resources required

It is recommended that students have access to a reliable internet connection to access TAFE Queensland's online learning [...more online](#)

What are my payment options

No matter what your circumstances, TAFE Queensland Brisbane has a payment option to suit you. If you are unsure of what's right for you, call us on 1300 712 007. We're here to help.

[...more online](#)



FULL FEE | \$3,250

This is the total cost of the course.

Got a question?
[Enquire about your full fee study options](#)



SUBSIDISED | \$1,590

The Queensland Government will offset the cost of study for **eligible students**. You will still need to pay for a portion of your study costs. The amount above is what you will need to pay.



CONCESSION | \$1,035

You are eligible for the concession price of a course if you are eligible for subsidised training, and are listed on an Australian Government Low Income Health Care Card or Pensioner Concession Card, if you are Aboriginal or Torres Strait Islander, you hold a Department of Veterans' Affairs Pensioner Concession Card, or if you have a disability. [Further information about concessions.](#)

COSTS



OUTCOMES

Outcome

- SIS30315 Certificate III in Fitness

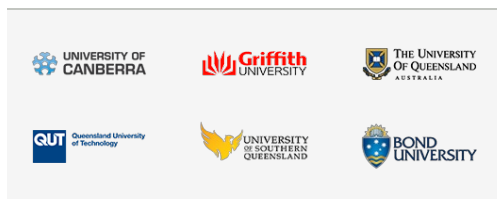
University pathways

If you want to go on to further study at university, TAFE Queensland has a pathway option to get you there. In many cases, completing one of our diplomas will give you a full year of credit towards a degree with one of our partner universities. That means cutting down the amount of time you need to complete your degree, or even enrolling straight into the second year of your university course.

More info:

[Learn more about University Pathways](#)

Our pathway partners include:



Job prospects

- Sports And Fitness Workers
- Gym Instructor
- Fitness Instructor

ARE YOU READY TO TAKE THE NEXT STEP ON YOUR PATH TO GREAT?

Enrol today to secure your spot in this course.

HOW TO ENROL

Enrol now

You're ready if you have:

- checked your important dates (under the course details tab)
- checked you meet the entry requirements (under the course details tab)
- checked your course costs and know which payment option is right for you (under the costs tab)
- Read the [Student Rules](#) and [Withdrawals and Refund Policy](#)
- Created your [Unique Student Identifier](#) and can provide this to TAFE Queensland.

All done? You're ready to enrol

UNITS

Units

The successful achievement of this qualification requires you to complete all core and 7 elective units as per the list below. Electives may differ between TAFE Queensland locations and regions.

SISFFIT001	Provide health screening and fitness orientation	Core
SISFFIT002	Recognise and apply exercise considerations for specific populations	Core
SISFFIT003	Instruct fitness programs	Core
SISFFIT004	Incorporate anatomy and physiology principles into fitness programming	Core
SISFFIT005	Provide healthy eating information	Core
SISFFIT014	Instruct exercise to older clients	Core
SISXCS001	Provide quality service	Core
SISXFAC001	Maintain equipment for activities	Core
SISXIND001	Work effectively in sport, fitness and recreation environments	Core
BSBRK401	Identify risk and apply risk management processes	Elective
HLTAID003	Provide first aid	Elective
HLTWHS001	Participate in workplace health and safety	Elective
SISFFIT006	Conduct fitness appraisals	Elective
SISFFIT025	Recognise the dangers of providing nutrition advice to clients	Elective
SISFFIT026	Support healthy eating through the Eat for Health Program	Elective
SISXFAC002	Maintain sport, fitness and recreation facilities	Elective

Disclaimer

Not all electives available at all campuses

Apply through QTAC

Making TAFE one of your top QTAC preferences is a great way to maximise your career choices and gain the hands-on skills you need to operate in the real world.

We offer hundreds of pathways to university, including dual awards, credit arrangements with some of the country's top universities, and options to increase your OP so you can gain entrance to the tertiary course of your dreams.

[More about applying through QTAC](#)

Recognition of prior learning

Fast-track your way to a formal qualification by earning credit for the things you already know. Getting recognition for the skills you've gained from the workplace or previous learning means less study time for you, and getting the paper to prove you're qualified a whole lot sooner.

Make your future happen

Connect with TAFE on Facebook